

Winter Melon and Medlar Thin Syrup Recipe (Chinese)

Ingredients:

600 g winter melon
150 g fresh lily bulbs
1/4 luo-han-guo
2 tablespoons medlar
38 g rock sugar
6 cups of suitable amount of water

Method:

Clean and peel winter melon. Cut into big cubes. Peel sections of lily bulbs. Wash lily bulbs, luo-han-guo and medlar. Bring 6 cups of suitable amount of water to the boil. Add winter melon, luo-han-guo and medlar. Simmer for 30 minutes. Add lily bulbs. Simmer for another 30 minutes. Put in rock sugar and simmer until sugar is dissolved. Serve.

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